

Female Professionals

CORPORATE · LEADERSHIP · LEGAL

Your Brain Isn't Failing. Your Hormones Are Shifting — and There's a Difference.

Brain fog, memory lapses, and declining mental acuity are often misdiagnosed as burnout. This talk explains what's happening biologically—and what individualized care can actually change.

The Performance Gap No One Is Talking About

Hormones, sleep, cognition, and output are directly connected. This session brings a missing conversation into leadership environments where performance matters most.

Perimenopause Starts Earlier Than You Think

Symptoms begin in the late 30s—and are often misread as stress or aging. This talk gives women the awareness and head start most healthcare never provides.

What Your Doctor Isn't Telling You

A physician-led guide to navigating a system that routinely misdiagnoses women—and how to advocate for care built around your biology.

Healthcare Providers

A4M · PCCA · CME

Prescribing with Precision - Why the Same Hormone Therapy Produces Different Results

Understanding the clinical and metabolic variables that drive individual hormone response—and how to identify what standard protocols miss.

Compounding with Confidence - Translating Patient Biology into Precision Formulations

Bridging the gap between patient symptoms and personalized formulations—enabling more precise collaboration between prescribers and pharmacists.

Perimenopause in the Exam Room - Closing the Diagnosis Gap

Symptoms begin in the late 30s. Labs appear normal. Patients are dismissed. This session equips clinicians to recognize and treat what conventional training often misses.

Media & Podcasts

TELEVISION · PODCASTS · HEALTH MEDIA

She Ran the Boston Marathon at 60

Two Bostons, Ironmans, Spartan races, and 20+ triathlons—powered by the same individualized medicine she uses with patients.

Why the Same Therapy Works for One Woman — and Fails Another

The next conversation in women's health: access is step one, but biology determines outcomes.

Brain Fog Isn't One Problem

Hormones, sleep, gut, stress, and micronutrients all play a role. A multi-system explanation women recognize instantly.

The Misdiagnosis of High-Performing Women

Why perimenopause is still being labeled as burnout, anxiety, or stress—and what early intervention changes.

The Weight Conversation Is Missing the Point

Why midlife weight gain isn't about willpower—and why single solutions fail.

3-Minute TV Segments Available

Each topic can be adapted for short-form television with a clear takeaway, relatable hook, and strong clinical foundation.